





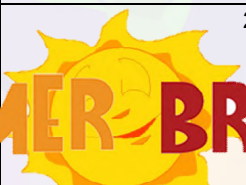




JUNE WEEHAWKEN

Webster Elementary School
Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Locally Grown Kale</p>		<div style="border: 1px solid green; padding: 5px; text-align: center;"> Fruits & vegetables from The Farm Stand are included with lunch. </div>		 <p>Locally Grown Strawberries</p>
3 Pancakes with Syrup & an Egg Patty	4 Grilled Chicken Fillet on a Bun with Oven Fries	5 Lasagna Roll-Up with Garlic Bread & Marinara Sauce	6 Lucky Sticker Day Hamburger on a Bun with Sweet Potatoes	7 Square Pizza
<div style="border: 1px solid green; padding: 2px;"> National Fresh Fruits & Vegetables Month  </div>		<div style="border: 1px solid orange; padding: 2px;"> Weekly Alternate: Popcorn Chicken with Dip & a Roll </div>		
10 Chicken Sliders on Buns	11 Pasta & Meatballs with Garlic Bread	12 French Toast Sticks with an Egg Patty	13 Pizza Mania - Assorted Cheese Pizza	14 FLAG DAY HALF DAY NO LUNCH
<div style="border: 1px solid orange; padding: 2px;"> Weekly Alternate: Mozzarella Sticks with Marinara Sauce </div>			<div style="border: 1px solid blue; padding: 2px;"> National Flag Week  </div>	
17 HALF DAY NO LUNCH	18 HALF DAY NO LUNCH	19 HALF DAY NO LUNCH	20 HALF DAY NO LUNCH	21 NO SCHOOL 
24	<div style="text-align: center;">  <p>ENJOY YOUR SUMMER BREAK</p> </div>		27	28

ALSO AVAILABLE DAILY

SALAD LUNCH (each salad includes a Whole Grain Roll)

Chef's Salad: Tossed Greens with Turkey, Ham & Cheese

BAGEL MEAL

Bagel with Cream Cheese, Low-Fat Cheese Sticks & a Trip to The Farm Stand

YOGURT LUNCH

4 oz. Yogurt, Cheese Stick, Dinner Roll & a Trip to The Farm Stand

GRILLED CHEESE SANDWICH

HAM, TURKEY, OR BOLOGNA SANDWICH

Pre-paid lunch available. Send cash or check made payable to Weehawken BOE Cafeteria Account or use [Payforit.net](http://payforit.net).

Payforit parent support phone number is 800-572-6642.

Payforit email is pfadmin@payforit.net.



At least 50% of All Grains served w/ your meal are Whole Grain Rich

All items baked, not fried

A Complete Lunch Includes:

Entrée (with Protein/Grain)

Trip to The Farm Stand
(students must select at least a serving of fruit or vegetable)

Milk Choice: 1% White, Skim, or Non-Fat Chocolate

Menu Subject to Change

Your comments are important to us.

Please e-mail us at comments@pomptonian.com

"This institution is an equal opportunity provider."

